

Mid-week Move



An Abs based workout

Activity	Duration	Notes
<p>Abs workout: Leg raises, with back completely flat on the ground raise both legs up and down, straight, and together without touching the ground. anywhere from 5- 15 leg raises</p>	<p>5-15 leg raises</p>	
<p>15 Heel touches on each side, lying flat on your back, then engaging your core and reaching to touch your heels on both sides</p>	<p>15 heel touches</p>	
<p>Lying flat on your back, making sure elbows are on your chest and going all the way to the chair in front of you</p>	<p>15 sit ups</p>	
<p>Cool down: incline planking on chair,</p>	<p>30 seconds on, 30 seconds off for 3 minutes</p>	



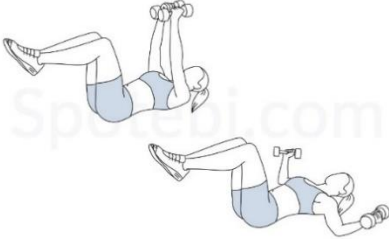


COVID-19 Considerations: Teachers and students please be advised that in some of these activities and games social distancing, and other proper Covid protocols will not be able to be set in place. We ask that teachers use their best judgement on how to properly proceed with these activities based on the class' overall levels of concern. Masks are suggested to be worn at all times, and hand sanitizer should be used before and after every game. Hope you enjoy!


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An Arm based stretch and workout

Activity	Duration	Notes
<p>Arm workouts:</p> <p>- C- rotation of arms (move arms in a half circle forward and then a half circle backwards)</p>	<p>42 seconds</p>	
<p>- (Arms straight in front of you) Arm cross over</p>	<p>42 seconds</p>	<p><small>Copyright © GB Personal Training Ltd. All rights reserved.</small></p>
<p>- Triceps press (arms above head on top of back, and arms close to your ears, lift up and down)</p>	<p>42 seconds</p>	

<p>- Raise arms up for 42 seconds</p>	<p>42 seconds</p>	
<p>- Triceps Kickback (upper body slightly forward, arms straight at your side palms facing up towards your back. Raise arms up- do this with or without weights {just be mindful of risks when using weights})</p>	<p>42 seconds</p>	
<p>- {with 1-5-pound weights- but can be used without weights} Chest fly (start with laying down on you back and arms out straight on the ground then raise arms up straight before letting them go back on the ground. Keep arms straight the whole time)</p> <p>-</p>	<p>42 seconds</p>	
<p>- Hip dips on chair –</p>	<p>42 seconds</p>	
<p>- Doing 1 arm curl or both arms using chair-</p>	<p>42 seconds</p>	






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A Leg based workout

Activity	Duration	Notes
<p>Leg workout:</p> <ul style="list-style-type: none">- Calf Raise – 4 sets of 10 reps, pressing your toes into the ground hard while raising the rest of your body off the ground including your heels.		
<ul style="list-style-type: none">- Lunges right leg – 3 sets of 10 reps, standing shoulder width apart, taking a big step forward with your left leg, firmly planting it on the ground. Then slowly lower your back knee to the ground until your leg is about 2 inches away from the floor and your leg is at a 90° angle. Then when finished push with your front leg into the ground to get back to a neutral stance. Alter the steps for Left leg	3 sets of 10 reps	
<ul style="list-style-type: none">- Hip raises – 30 seconds, lying on your back, bringing your feet as close to your butt as possible. Then pushing your feet into the ground and raising only your hips off the ground, until your thighs are parallel with your body.		

- Side lunges both sides – 5 sets of 5, standing with your feet far apart but at a comfortable range then dropping one knee down. Then coming back to your neutral stance with your feet wide apart and doing the other side.



- Classic squat – anywhere from 10- 45 squats (whatever the person is comfortable with). Using chair for reference/ on how far down they should go if they are unaware



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